

## EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

### EFNEP Makes a Difference in Health Care Costs and Food Expenditures

Obesity, diabetes, hypertension, osteoporosis, heart disease and problem pregnancies are conditions linked to poor food choices. According to a study conducted by the University of Virginia, for every \$1.00



spent on Expanded Food and Nutrition Education Program (EFNEP), there is a potential health care savings of \$10.64.

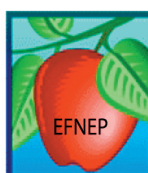
There's more good news. The University of Tennessee found that for every dollar spent to implement EFNEP, \$2.48 was saved on food expenditures by clients. This can reduce the need for emergency food assistance and save money for other necessities.

### Program Goals:

- Assist limited income families to improve their family's nutritional well-being
- Conduct "hands-on" lessons focused on developing practical skills related to nutrition, food preparation, food safety, and food security (stretching the food dollar)
- Increase outreach to Tent City locations and Foodbanks in South King County

### Program Overview:

- Six educators speaking 5 languages delivered a series of 6-12 lessons to 2,242 youth and adults from limited income families in King County. EFNEP is funded by the United States Department of Agriculture and Washington State University
- One educator working exclusively in food banks and tent city locations reached 8,500 residents, helping them improve food security and improve nutritional well-being.
- 84% of the lessons were conducted in group settings in collaboration with agencies in King County, after-school programs, and in schools.
- The audience was diverse: American Indian/Alaskan 2%, Asian/Pacific Islander 37%, Black 10%, White 25%, and Hispanic 26%.
- 96% of families reported a positive change in the numbers of servings from Food Groups: The greatest improvements occurred in the consumption of fruits and vegetables and breads and cereal grains.
- 130 community agency employees made positive contributions to EFNEP programming, contributing financial resources and volunteer support in 2005. This year, our educators developed on-going programming with HopeLink. HopeLink serves 50,000 limited income families on the Eastside.



# Positive Changes in Food Behaviors and Nutrition

- 37% compared prices when shopping more often
- 58% ran out of food less frequently before the end of the month
- 38% prepared food without added salt more frequently
- 59% more frequently used labels to make food choices
- 44% reported that their children ate breakfast more often
- 43% more frequently followed the 2 hour rule for perishable foods
- 44% reported that their children ate breakfast more often
- 62% more frequently thawed food appropriately



EFNEP Extension Educators delivering a food demonstration

*Photo: WSU Faculty*

## Special Outreach in Tent City

Coordinating with the Tukwila Methodist Church Food Bank, one of our educators worked weekly with residents of this Tent City location. Our EFNEP Educator walked through Tent City inviting residents to attend an educational session using non-cook foods. They made and tasted the recipe using items available from the food bank. Recipes included salads, hummus, honey-milk balls, salmon dip, and non-cook veggie burritos. She discussed good nutrition, food preparation, and basic food safety practices that could be incorporated in their daily practices.



Educational session using non-cook foods at a Tukwila Tent City

*Photo: Seattle Times Files*

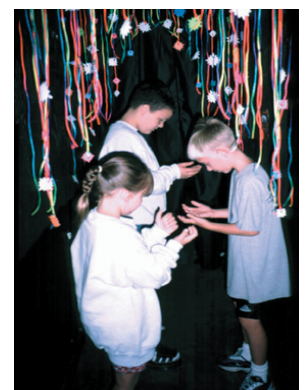
## Germ City: Clean Hands, Healthy People Program

Hand washing is the single most important barrier to the spread of foodborne illness according to the Centers for Disease Control. Germ City is a unique, interactive exhibit, education, and research program developed by Washington State University Extension.



Children and adults traverse a large, black-lighted tunnel to see a germ simulation on their hands. After washing, participants revisit the tunnel to check the effectiveness of their hand washing technique. Education programs that support the Washington Essential Academic Learning Requirements were delivered in elementary and middle schools and during fairs and festivals. Germ

City was recognized with two national awards for excellence in research and a programming award from the National Extension Association for Family and Consumer Sciences in September.



Germ City demonstration

*Photo: WSU Staff*

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